



JOINT TASK FORCE CIVIL SUPPORT

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Public Affairs Operations 1504 Madison Avenue, Fort Eustis, VA 23604 757-501-7856/7851 www.jtfcs.northcom.mil

Feel the Resiliency!

By CH (LTC) J.D. Moore

Full-Time Support Chaplain, JFHQ-VA

I have in my possession one of those very expensive, mandatory books from my early college days. After I sold a pint or two of blood to buy the "must have" manuscript in order to take the class, the professor referred to the book only once the entire semester. In my anguish I read the book anyway (after graduating) and many times since, I have referred to the text. The gist of the weighty volume deals with human development (one of those psychobabble readings) that through the years I found interesting and useful while raising myself, (my wife raising me) my children and now my grandchildren. As well it has assisted me in counseling others as they break through each phase of the five phases (transitions) of life referenced in the readings. Over the years I have studied it in its entirety and have come to the conclusion that the common theme running through all the transitions (five phases of life) is resiliency. That is, the will to continue on, or bounce back, through every phase of life until death (and afterward) and it reveals humans are resilient. The theme of resiliency runs through the five phases like a crimson thread in a white cotton blanket that covers life. Beginning to end it is apparent resiliency is a part of the human spirit.

This was affirmed by the late Berkley professor, Dr. Joseph Fabry who wrote, "The human spirit is your specifically human dimension and contains abilities other creatures do not have. Every human is spiritual; in fact, spirit is the essence of being human. You have a body that may become ill; you have a psyche that may become disturbed. But the spirit is what you are. It is your healthy core." It is our environment, parents, siblings, teachers, mentors who contribute to our core; they have assisted in making it healthy or unhealthy (Sometimes, despite poor mentors some through sheer effort develop a healthy and vibrant spirit). If we were neglected from optimal support in our previous development (phases) in creating a healthy core then when crisis surfaces we suffer greatly. Our spirit is easily broken and there is little bounce back. The good news is we can develop a healthy human spirit as we engage the next life phases yet to come (Believe me when I say you will engage them - like it or not!). This is one of the purposes of the Army Resiliency Training program, to assist in building a better human spirit/core that will overcome and adapt without giving up as life happens. Embrace the training and build a healthy core and human spirit so when the AFPT (A Feverishly Perplexing Trouble) of life shows up without warning you max it! You get a 300 score!

When troubled through several phases of my own life, I was encouraged in my own human spirit/core as I read the words of King David, "The LORD is my light and my salvation whom shall I fear? The LORD is the stronghold of my life of whom shall I be afraid? When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident. One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock." (Ps. 27:1-5) These verses are framed and hanging visibly in my office. Feel the resiliency!